



Letter of Self-Compassion

We can be really hard on ourselves, and that often shows up in our emotions—bringing guilt, shame, or fear about the way we feel. Writing a self-compassion letter is a way to practice being gentler, shifting our focus toward more acceptance, care, and support for ourselves and those around us

Describe an event today that made you feel like your emotions were out of control or unwanted.

Now, write a short letter to yourself. Write the letter with a message of forgiveness and acceptance for who you are and the emotions you experienced. Write like you are talking to an old friend, and show your compassion. Write down whatever thoughts come into your head. Nobody needs to read it. You are safe to be open regarding how you feel.

Read back what you have written. Recognize that many of us have emotions we wish we could avoid, however we have the choice to see them as separate from who we are and share them with others, showing our vulnerable side.